



PASTA TIPS FOR STAFF:

- Use the *ID WIC Authorized Food List* and participant handout *Seven Ways To Eat More Whole Grains* as teaching tools for new WIC shoppers (and to inform current participants about the Oct. 1, 2015 addition of any eligible brand dry **100% whole wheat pasta**, 12-16 ounce size).
- Selecting a size different than 16 ounces will result in not meeting the full nutrition benefit to the participant.
- The front of a package may say 100% whole wheat, OR 100% whole grain. Participants should look at the ingredients label: tell the participant to look for “whole wheat flour and/or whole durum wheat flour”. It should be the only ingredient listed on the package.
- 100% wheat does not mean the same thing as **100% whole wheat**. Not all wheat pasta or whole grain pasta is **100% whole wheat**.
- Not all brown pasta is **100% whole wheat**.